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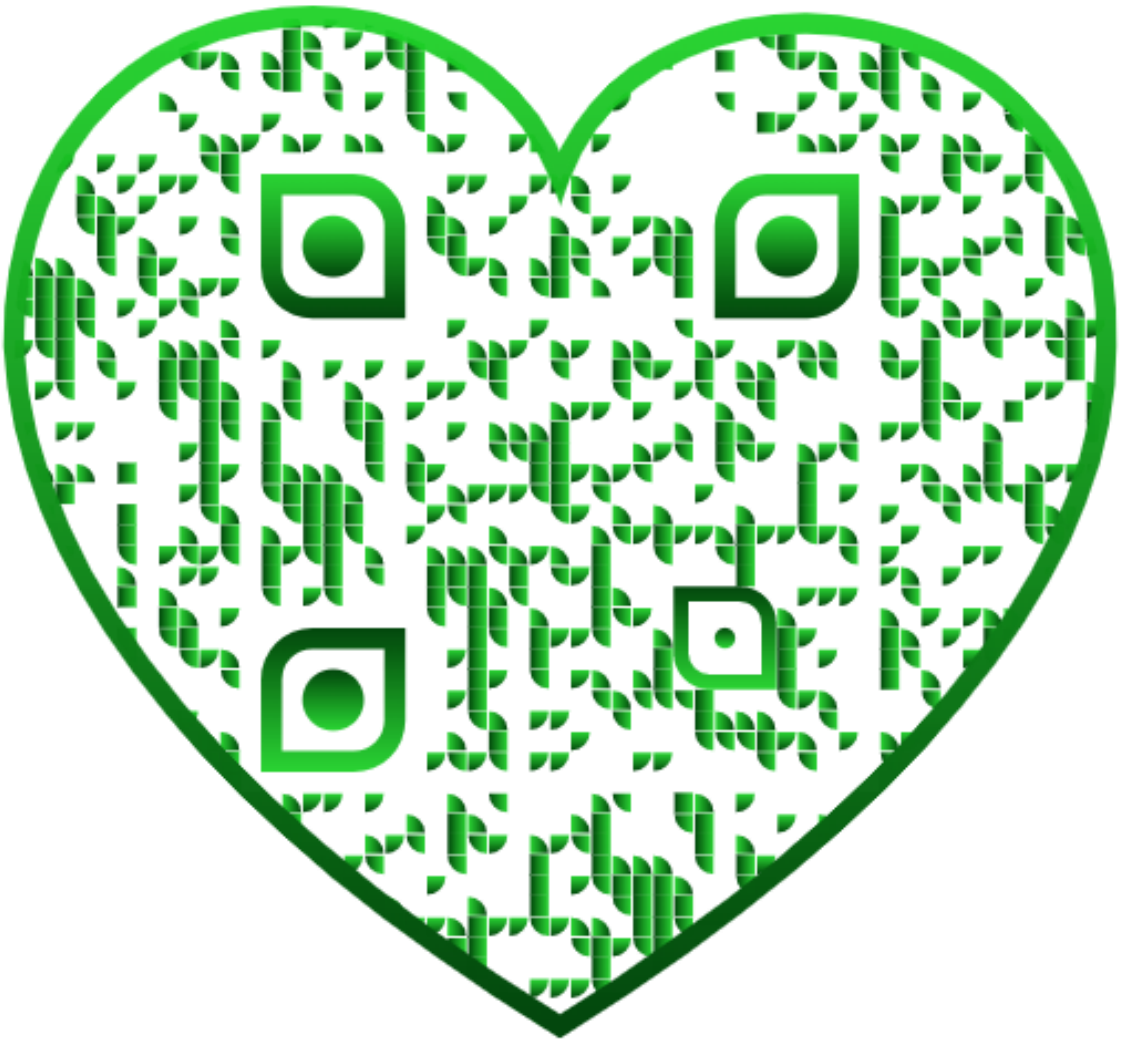

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TOURISM MONT-TREMBLANT

TOURISM LAURENTIANS

Discover the region
mont-tremblant.ca

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Cover: Enjoy fabulous cycling adventures at Bike Park - Les Sommets in Quebec's Laurentians.
Photo: Laurentians Tourism

Contents: A rider stops at one of the scenic lake access points along the shore of Kootenay Lake in B.C.
Photo: Dustin Lalik

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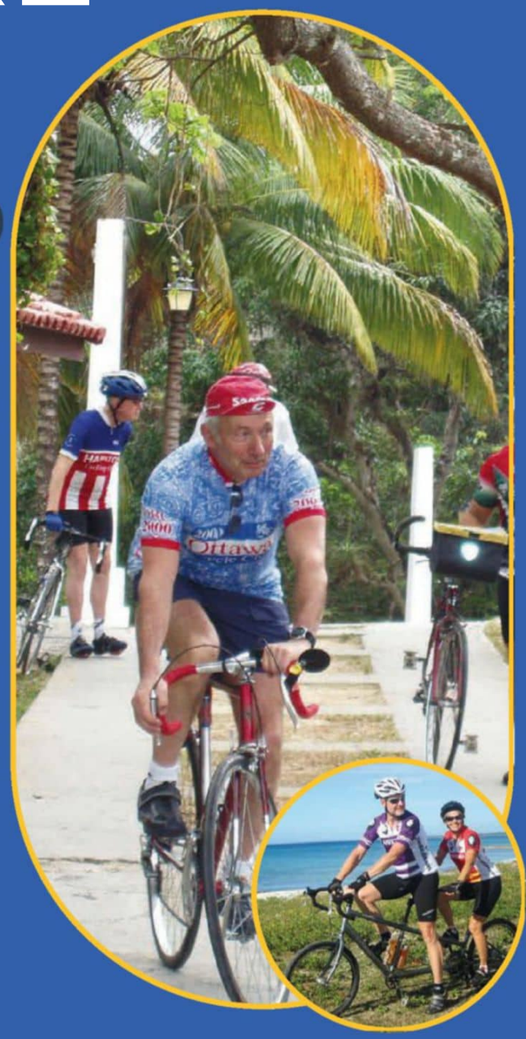

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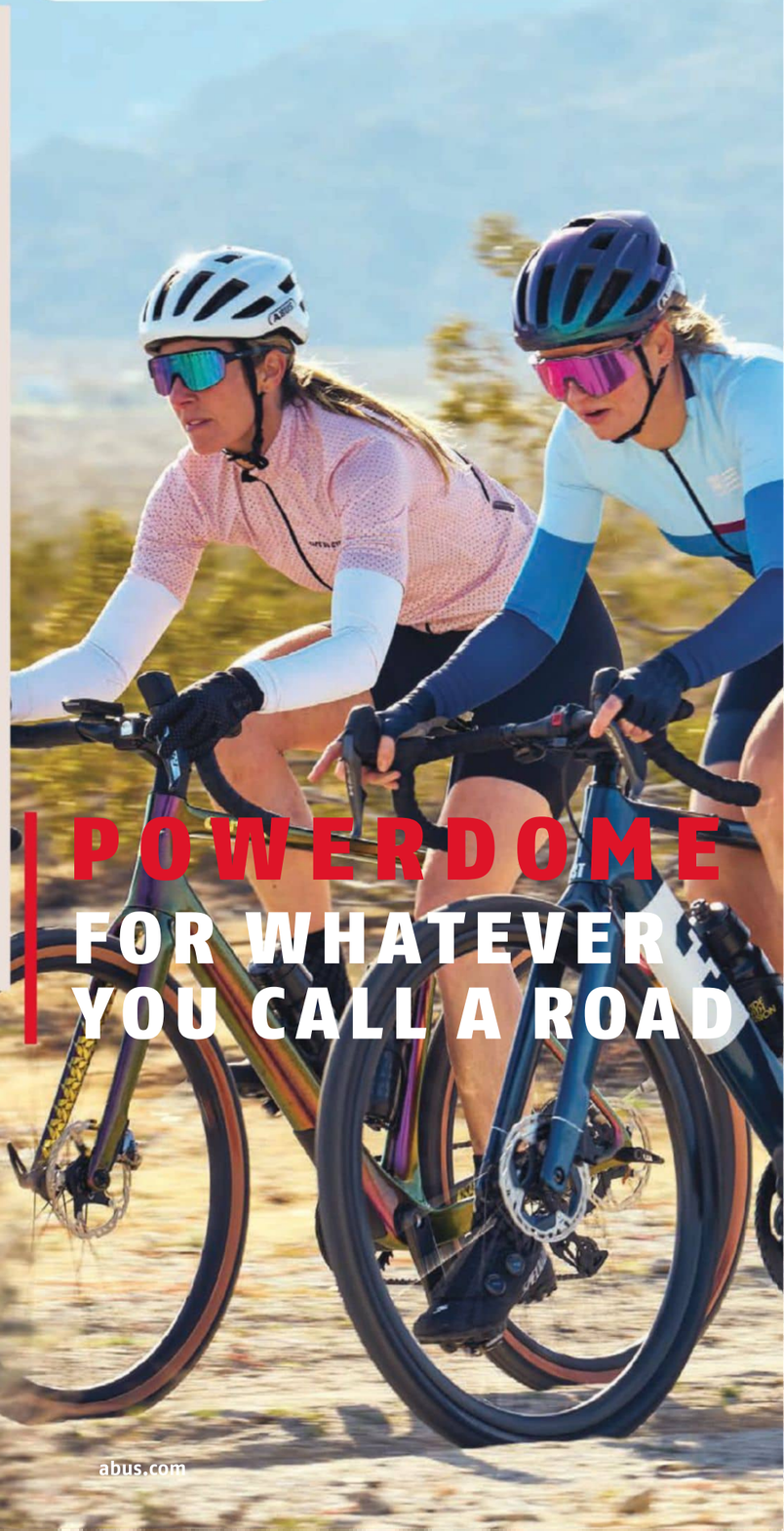

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GREAT ESCAPES
Best Cycling

WELCOME

We're pleased to present this year's edition of Best Cycling Great Escapes, featuring great destinations across Canada, the USA and Cuba, to help you decide on your next cycling adventure.

Featuring top cycling spots for road, MTB, gravel and e-bikes, we've included coverage of routes and trails for riders of all abilities, along with lodging, dining, events, amenities, attractions and superb photos.

From 5-star to rustic, start dreaming about superb cycling adventures, and don't forget to check out the venue websites for the most up-to-date packages and deals for cycling memories of a lifetime.

Whatever your passion, we hope you enjoy Best Cycling Great Escapes. Have a fabulous season ahead.

It doesn't get much better than riding the Show Time trail at Mount Tzouhalem in Cowichan Valley, B.C.

MATHEW WANBON/TOURISM COWICHAN

REGION
QUÉBEC, CANADA

ACCOMMODATION
Many great hotel and B&B options in the region

DINING
Sumptuous local cuisine throughout the Laurentians

CYCLING
- Le P'tit Train du Nord linear park
- 58km Aerobic Corridor
- Parc Freeride Pentes 40/80
- Montagne du Diable regional park
- 90km Ironman training route at Mont-Tremblant
- Bike shops
- Rentals
- E-bikes welcome

ATTRACTIONS
- Sentier des cimes Laurentides - Treetop walk
- Tremblant Resort
- Mont-Tremblant National Park
- Les Rythmes Tremblant
- Festival Stradivaria
- Festival des Arts de Saint-Sauveur
- Route des Belles-Histoires

GETTING THERE
Nearest airport:
- Montreal Intl Airport (YUL)

LAURENTIANS TOURISM
Exit 51 from Highway 15 North, service area

450-224-7007
800-561-6673

www.laurentians.com

OFFICIAL CYCLING MAP
www.cyclelaurentians.com

PHOTOS: LAURENTIANS TOURISM

CYCLING THE LAURENTIANS

Stretching north from Montréal, this wonderland of winding rivers, pristine lakes, green valleys and natural parks is a premier cycling destination rich in culture and epicurean delights.

Road, mountain or trail, whether you are performance training or on your first family cycling holiday, the Laurentian region has your cycling adventure.

Sample Mont-Laurier's Twin Covered Bridges cycling route, or Saint-André-d'Argenteuil's Seigneury of Argenteuil route through historic villages, pastoral farms and unforgettable panoramas.

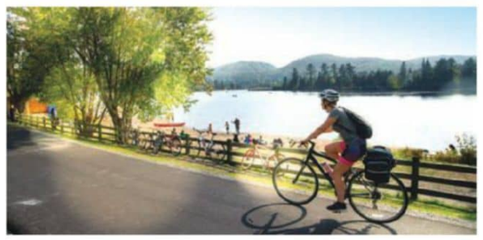
In the Laurentians, almost every community has unique cycling offerings to tempt you.

The world-famous Le P'tit Train du Nord linear park offers hundreds of kilometres of safe, car-free inn-to-inn cycle touring. Delicious beyond belief, sumptuous local cuisine throughout the Laurentians will ensure you strike "it's just fuel" from your vocabulary forever.

The Morin-Heights to Amherst Aerobic Corridor is a 58km hybrid and mountain-bike trail traversing the western Laurentians' brilliant natural beauty. Want more? Challenge yourself at les Sentiers de l'Abbaye d'Oka in the south part of the region, flow the cross-country and enduro trails of Montagne du Diable regional park in Ferme-Neuve. Test yourself on Mont-Tremblant's 90km sign-posted Ironman training route, a world's first.

Culture, festivals, and must-see special events — there's so much available after you get off your bike. The Tremblant International Blues Festival , Festival Stradivaria throughout the region, and Festival des Arts de Saint-Sauveur are just three of many.

Order our Official Cycling Map 2025-2026 for free online or download it as a PDF.



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REGION
QUÉBEC, CANADA

ACCOMMODATION
Abundant campsites, charming hotels, and unique bed and breakfasts.

DINING
Delightful local dining options throughout the region.

CYCLING
- 256km route around Lac Saint-Jean featuring diverse scenery
- 150km of downhill trails
- Bike guide
- Bike rentals
- E-bikes welcome
- Mobile app for interactive maps

ATTRACTIONS
- Microbreweries
- Cheese-making dairies
- Chocolate factories
- Fresh blueberries
- Parc National de la Pointe-Taillon
- 42km of beaches
- Several mountain bike and/or fat bike centres
- Native inlu community of Mashteuiatesh
- Zoo sauvage de Saint-Félicien
- Village historique de Val-Jalbert (authentic "company town" of the 1920s)

GETTING THERE
Nearest airports:
- Aéroport Saguenay-Bagotville (YBG)
- Jean Lesage International (YQB) in Québec City
- Pierre Elliott Trudeau International (YUL) in Montreal

VÉLOROUTE DES BLEUETS
1692, avenue du Pont Nord, Alma, Quebec, G8B 5G3

1-418-668-4541
1-866-550-4541

www.veloroutedesbleuets.com

PHOTOS: VÉLOROUTE DES BLEUETS

VÉLOROUTE DES BLEUETS

Imagine the perfect cycling holiday. What would it include?

Pedaling alongside lakes, waterfalls and deserted sandy beaches on family-friendly paved trails? Marine shuttles to ferry you across crystal-clear rivers? Secure charging stations for your e-bike? Luggage shuttles to travel light and free?

Add 65 roaming Bicycle Ambassadors, flat or gently rolling terrain, copious fresh blueberries in August, and you have Véloroute des Bleuets circuit in Saguenay–Lac-Saint-Jean, Québec, Canada.

Offering 256 kilometres of diverse scenery that circumnavigate Lac Saint-Jean, a true inland sea, Véloroute des Bleuets explores fifteen authentic municipalities and the native Ilnu community of Mashteuiatsh. Each community celebrates the region's cycling culture, providing a truly unique cycling destination in North America.

Quench your thirst at one of many microbreweries, tour cheese-making dairies and chocolate factories. Be awed by endless fields of flowering yellow canola, and let a towering church steeple guide you to the next quaint village.

Véloroute des Bleuets passes through the beautiful Parc National de la Pointe-Taillon, offering a spectacular 48-kilometre path surrounded by beautiful forest and wildlife.

Endurance, cross-country and downhill mountain bikers can shred more than 150 kilometres of trails at five Lac Saint-Jean locations, including the sandy flow trails of Métabetchouan, the exhilarating enduro singletrack of Mont Lac-Vert, the cross-country enduro trails of Tobo-Ski, and other centres catering to every skill level.

Beyond cycling, Véloroute des Bleuets entices with delicious local dining, abundant campsites, charming hotels and unique bed & breakfast opportunities to enhance your cycling experience.

Check out their bike guide for tips on planning your next trip for memories of a lifetime.

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PHOTOS COURTESY OF VÉLOROUTE GOURMANDE

VÉLOROUTE GOURMANDE

Recently named on the New York Times' list of 52 places to go in 2023, the Véloroute Gourmande is a remarkable 235km cycling adventure connecting Montréal and Sherbrooke.

Part of the Route Verte and Trans Canada Trail, the journey connects riders with nature where you can experience a sense of well-being as you discover the fabulous regions of Montérégie and the Eastern Townships.

Take time to explore close to 130 epicurean stops including breweries, restaurants, wineries and gourmet shops. Enjoy the many activities, attractions, historical sites and museums found throughout both regions.

New this year are e-bike recharging outlets along the route that can also be found on the website via a charging symbol.

The velodrome at the Centre National de cyclisme de Bromont lets you try different skills such as BMX, pumptrack and track cycling. Two national parks provide hiking trails, canoeing and kayak rentals, along with lakes and beaches.

The Véloroute is divided into four sections, varying in length from 45km to 70km, but you can explore at your own pace. The first section is from Montréal to Saint-Jean-sur-Richelieu (45km) where you'll find the Fort Chambly National Historic Site, home to the stone fort that soldiers built in 1711.

As you ride along the Chambly Canal, you can enjoy the view of boats sailing alongside you. Once in Saint-Jean-sur-Richelieu, you can discover the local flavours while you enjoy the summer entertainment at the Place publique du Vieux-Saint-Jean.

Head out across the region's farmlands for the next segment from Saint-Jean-sur-Richelieu to Granby (50km), where you can meet creative artisans who will be happy to share their know-how. Visit the Farnham Ale & Lager Microbrewery and the Fromagerie des Cantons for everything needed for a picnic at one of the designated areas along the way.

Enjoy a morning coffee in Granby before taking on the next 70km to Orford. Make a pit stop at one of the relaxing swimming areas that offer watercraft rentals. History buffs will want to explore the Chemin des Diligences, a stagecoach route that was the first public road in Québec linking towns in the Eastern Townships in the 18th century.

Get ready to be charmed by Lake Memphremagog and Lake Massawippi en route from Orford to Sherbrooke (60km), and stop by the Capelton Mine to learn how

Georges Capel discovered copper in 1863. Enjoy a delicious cold beer at Le Lion d'Or, Québec's first microbrewery where they still use a traditional hand-brewing method. When you arrive at Lac des Nations in Sherbrooke, extend your stay to discover all the best the city has to offer.

With 80+ lodging options, from campgrounds to hotels, motels, inns and B&Bs, you can enjoy the comforts of home after a day in the saddle.

Travel light and let Voyager à Vélo transport your luggage. Véloroute Gourmande also offers a first-rate, door-to-door shuttle service to give you more flexibility. There are also packages on the website for those who prefer an all-inclusive trip without having to book it themselves.

For a cycling journey of lifetime, the Véloroute Gourmande is full of memorable moments, topped off with a feeling of pride and accomplishment at the finish.

REGION
QUÉBEC, CANADA

ACCOMMODATION
Over 80 lodging options from campgrounds to hotels, motels, inns and B&Bs

DINING
130 epicurean stops including breweries, restaurants, wineries and gourmet shops.

CYCLING
- 235 km from Montréal to Sherbrooke.
- 45km Montreal to Saint-Jean-sur-le Richelieu
- 50 km Saint-Jean-sur-le Richelieu to Granby
- 70 km Granby to Orford
- 60 km Orford to Sherbrooke
- part of the Route Verte and Trans Canada Trail
- luggage transport and shuttle service via Voyager à Vélo
- all-inclusive trips
- E-bikes welcome

ATTRACTIONS
- Chambly National Historic Site
- Chambly Canal
- Place publique du Vieux-Saint-Jean
- Farnham Ale & Lager Microbrewery
- Fromagerie des Cantons
- Centre d'interprétation de la nature du lac Boivin
- Granby Zoo
- Mont-Orford and Yamaska National Parks
- Lake Memphremagog
- Lake Massawippi
- Capelton Mine
- Pub Le Lion d'Or
- Lac des Nations

GETTING THERE
Nearest airport:
- Pierre Elliott Trudeau Int'l (YUL) Montreal

TOURISM MONTÉRÉGIE
www.tourisme-monteregie.qc.ca/
866 469-0069

TOURISM EASTERN TOWNSHIPS
www.easterntownships.org/
800 355-5755

REGION
QUÉBEC, CANADA

ACCOMMODATION
Nine comfortable rooms for up to four people, includes homemade breakfast, prepared in Scandinavian tradition

DINING
On site restaurant offers gravlax, fritters, oysters Rockefeller, olives & charcuterie, salads, moussaka, Italian soup, vegan dish and much more; Nespresso coffee machine and tea available at all times

CYCLING
- 5 minutes from legendary Mont-Sainte-Anne with 137km of MTB trails and 32km of downhill trails
- 30 minutes from Massif de Charlevoix with nearly 40km of MTB trails and 23 downhill enduro-style trails
- Local bike guide is available
- Bike garage for secure storage

ATTRACTIONS
- Chez Pat, the inn's in-house bar
- Outdoor terrasse with local beer, wine and cocktails
- Private functions welcome
- Mont Sainte-Anne UCI Mountain Bike World Cup
- Pop-up evenings for unique and exciting culinary journeys
- Fridge and microwave, books, board games, reading corner, etc. in games room
- Dog-friendly option

GETTING THERE
Nearest airport:
- Jean Lesage Int'l (YQB) in Québec City

AUBERGE & CAMPAGNE
3470 Avenue Royale, Saint Ferréol-les-neiges, Que., G0A 3R0

581-982-4933
www.aubergeetcampagne.com

PHOTOS: AUBERGE & CAMPAGNE

AUBERGE & CAMPAGNE

Auberge & Campagne is an exceptional country inn located in the heart of one of Quebec's stellar mountain biking regions. Only five minutes from legendary Mont-Sainte-Anne, and 30 minutes from the amazing Massif de Charlevoix, fabulous cycling and amenities are at your fingertips.

Your host is Patrice (Pat) Drouin, co-founder of the famous Mont-Sainte-Anne UCI Mountain Bike World Cup, celebrating its 30th edition this year.

Awarded tourism enterprise of 2024, the inn features nine comfortable rooms, named in honour of the horses in their nearby equestrian farm, Cheval & Campagne, which guests can access for more activities.

Included with your stay is a delicious homemade breakfast, carefully prepared according to Scandinavian tradition with locally sourced products.

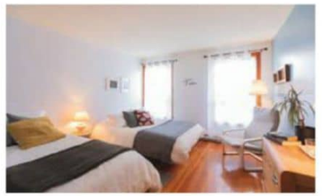
The inn's popular restaurant offers a meticulously curated menu featuring a wide range of dishes such as gravlax, fritters, Oysters Rockefeller, olives & charcuterie, salads, moussaka, Italian soup, and much more — there's even a vegan dish on the menu.

Following your day on the trails, chill and relax in front of the fireplace, or enjoy a glass of wine or a local beer at "Chez Pat", the inn's in-house bar.

The walls are decorated with old posters that pay tribute and commemorate the history of the renowned MTB World Cup, and Patrice is always ready to chat with great stories and memories.

A local bike guide is available as well, along with a bike garage for secure storage. The inn also welcomes groups for private functions.

Pat and his charming partner, Lisa Linton, welcome you to Auberge & Campagne for the ultimate outdoor experience.



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TOURISM SARNIA-LAMBTON

ONTARIO'S BLUE COAST HAS IT ALL

LAMBTON COUNTY & BLUEWATER INTERNATIONAL GRANFONDO

With its stunning natural shorelines, extensive bike trails, thriving cycling culture and Blue Flag beaches, this destination is a dream for cycling enthusiasts. Don't miss the highly acclaimed Bluewater International Granfondo, recognized as Ontario's top Granfondo and one of the best in North America.

One of the highlights of the area is the St. Clair River Trail, a 35-kilometre paved trail that showcases the beauty of the river and offers family-friendly cycling. Along the trail, you can explore the diverse Carolinian Climate Zone, visit the historic Moore Museum, or witness the magnificent freighters sailing by.

For a more immersive experience, embark on a self-guided tour through Lambton County. Explore the scenic Bluewater Trails of Sarnia & Point Edward, stop by Petrolia — a stunning Victorian Town — or visit the Oil Museum of Canada's National Historic Site in beautiful Oil Springs. Enjoy the tranquility of local farms and landscapes along the way.

If you're a fan of craft beer and local flavours, don't miss the Cheers to the Coast Trail. This emerging favourite takes you to distinctive craft breweries, award-winning wineries, hard cider distilleries and mead producers. Indulge in delicious food and rest comfortably in the nearby accommodations.

TOURISM SARNIA-LAMBTON

BLUEWATER INTERNATIONAL GRANFONDO

TOURISM SARNIA-LAMBTON

BLUEWATER INTERNATIONAL GRANFONDO

BLUEWATER INTERNATIONAL GRANFONDO

For a taste of the beautiful Lake Huron, add Grand Bend to your tour. Ride along the sparkling Blue Flag beaches and unwind in Pinery Provincial Park. Take advantage of the park's paved bike trails and explore the Grand Bend Rotary Trail. Gravel enthusiasts can also find suitable routes.

Experience all that Ontario's Blue Coast has to offer.

The Bluewater International Granfondo is a highlight of the cycling calendar. Known for its professional organization, breathtaking scenery and fun atmosphere, it has consistently exceeded expectations. In addition to offering four different distances, the event raises funds for palliative care education. Starting at the picturesque Mike Weir Park in Sarnia, participants can choose from the family-friendly 30K Grove Route, the flat and scenic Sarnia 50K, the quiet country roads of the Lambton 100K, or the challenging 150K Bluewater Route, which includes timed sections and climbs.

Competitive riders can join international, national and provincial racers at the pre-event social the day prior to the Granfondo. The event also offers the opportunity to connect with fellow riders and other special guests.

The focus is on fun and camaraderie, with timed segments allowing participants to regroup and ride together between sections.

Registration includes a hot meal, cold beverage, live entertainment, and the option to take a refreshing swim in Lake Huron.

Ontario's Blue Coast truly has it all for cycling enthusiasts. From breathtaking natural beauty to intriguing history, delicious food and drink, and unforgettable events, there is something for everyone to enjoy.

REGION
ONTARIO, CANADA

ACCOMMODATION
Wide variety of great options from B&B's to 4-star hotels

DINING
Many eateries, pubs and restaurants to suit all tastes and budgets

CYCLING
- St. Clair River Trail
- Great Lakes Waterfront Trail
- Bluewater International Granfondo
- The Cheers to Coast Trail
- Grand Bend Rotary Trail
- Bluewater Trails

ATTRACTIONS
- Sombra Museum
- Oil Museum of Canada's National Historic Site
- Blue Flag beaches
- Mike Weir Park
- Pinery Provincial Park
- Moore Museum
- Lambton Heritage Museum
- Judith and Norman Alix Art Gallery
- Wawanosh Wetlands Conservation Area
- Lawrence House Centre for the Arts
- Blue Water Bridge
- Cantara Park
- Centennial Park
- Countless festivals and events

GETTING THERE
Nearest airports:
- Pearson International Airport (YYZ) 275km away
- London International Airport (YXU)
- Sarnia Chris Hadfield Airport for private planes is 10km from downtown

TOURISM SARNIA-LAMBTON
1455 Venetian Blvd, Point Edward, Ontario, N7T 7W7

800-265-0316

www.tourismsarnialambton.com

BLUEWATER INTERNATIONAL GRANFONDO
www.bigf.ca

PHOTOS: TOURISM SAULT STE. MARIE

SAULT STE. MARIE

Sault "Soo" Ste. Marie, Northern Ontario's third biggest city, is fast becoming a premier four-season mountain biking destination. Hiawatha Highlands, boasting over 60 kilometres of the best mountain bike trails, is only a short ride from downtown.

The recently constructed enduro and cross-country 14km Farmer Lake trail takes you through the stunning Canadian Shield. Including some black run, flow and jump lines along with Climb to Canyon, a technical trail to a superb lookout, you'll enjoy a number of berms and hairpin turns before arriving at beautiful Farmer Lake. Continue on past Farmer Lake to tackle Angry Goat and Swamp Donkey for some amazing views, giant berms and the Super Happy Fun Bowl.

The popular Crystal System features 17km of mostly new, machine-built flow trails. The system includes some of the best in Ontario, including one of the longest continuous downhill trails in the province — Soonami. These trails welcome intermediate to advanced riders, along with families who can also enjoy the system.

Another local favourite is the 15km Red Pine heritage system, which features a variety of classic hand-built single-track trails from intermediate to advanced routes. Featuring lots of elevation and fun descents, there's something for everyone.

Pinder, a green run trail system that offers 8km of single track through beautiful forests is great for beginners and families. The terrain is generally flat and offers some fun flow with no sustained climbs or descents.

The "Soo" has great bike shops for parts and accessories, repairs, rentals and services for all of your cycling needs.

There are also many bike-friendly hotels as well including the Delta SSM, Super 8, Microtel, Holiday Inn Express and the Algoma Water Tower Inn. Plus, there are countless great spots to refuel and enjoy a refreshing beverage after a long day in the saddle.

Dining in Sault Ste. Marie features more great news with many family-owned establishments offering tasty Italian, Asian, Indigenous and British delights at your fingertips, including a number of local breweries that offer tasting rooms.

Sault Ste. Marie has become known as Ontario's new bike town.

Don't miss the Skeeter Slam on June 28-29 when Hiawatha Highlands hosts the Ontario MTB Cup #4 series finale. With race categories for kids as young as eight, this is the perfect family weekend event including great food vendors, cold beer, entertainment and more.

The Salty Marie Trails Fest, July 25-27, celebrates all things "trail" as the Tourism Sault Ste. Marie continues to expand its cycling infrastructure, including Hiawatha Highlands. A fun-fueled event for racers, the festival is not just for competitive folks and welcomes cruisers and anyone looking to have a good time with a variety food, drink, excitement and wares from local vendors.

The city also boasts one of the largest fat-bike networks in Canada, with over 70km of groomed trails at Crimson Ridge and Hiawatha Highlands.

Come and see why Sault Ste. Marie is fast becoming a bucket list cycling destination and has become known as Ontario's new bike town.

REGION
ONTARIO, CANADA

ACCOMMODATION
Many bike-friendly hotels such as the Delta SSM, Super 8, Microtel, Holiday Inn Express and the Algoma Water Tower Inn

DINING
Countless great spots to refuel including Italian, Asian, Indigenous and British delights along with local breweries for a refreshing beverage after a long day in the saddle.

CYCLING
- Over 60 km of superb mountain bike trails at Hiawatha Highlands only a short ride from downtown
- 14 km Farmer Lake trail
- 17 km Crystal System
- Soonami is one of the longest continuous downhill trails in Ontario
- 15 km Red Pine heritage system
- 8 km Pinder
- 70 km of fat biking trails
- Ontario's new bike town

ATTRACTIONS
- Skeeter Slam, Ontario MTB Cup #4 series finale, June 28-29
- Salty Marie Trails Fest, July 25-27

GETTING THERE
Nearest airports:
- Sault Ste. Marie (YAM/ CYAM) at 21km
- 35 km to Chippewa County Int'l (CIU/ KCIU) in Michigan

TOURISM SAULT STE. MARIE
99 Foster Drive, Sault Sainte Marie, ON P6A 5X6

(705) 759-5442

www.cityssm.on.ca

REGION
ONTARIO,
CANADA

ACCOMMODATION
Directly on the bike path at bike-friendly inns; The South Landing Inn offers a historical atmosphere and elegant setting with breakfast included. The Kent Motel offers modern amenities in a boutique atmosphere.

DINING
Winery restaurants, cultural cuisine, cafes and bakeries

CYCLING
- 140km Greater Niagara Circle Route
- 24km Friendship Trail
- 53km Niagara River Recreation Trail
- Multi-day tours
- Weekend or week-day excursions
- Distances for cyclists of all abilities
- Rental options
- E-bikes welcome
- Cycling maps

ATTRACTIONS
- 100+ wineries, breweries and distilleries
- Whirlpool Jetboat
- Butterfly Conservatory
- Queenston Heights Park
- NOTL Heritage District
- Shaw Theatre
- WildPlay Niagara Zipline Adventure Course
- Bruce Trail hiking
- Welland Canals Museum

GETTING THERE
Nearest airports:
- Hamilton Int'l, Mount Hope 50 min away
- Niagara Falls Int'l in Niagara Falls, New York.
- Buffalo Niagara Int'l 20 min away
- Pearson Int'l (YYZ) 125km away

THE SOUTH LANDING INN
21 Front Street South,
Queenston, ON, L0S 1L0
www.southlandinginn.com
905-262-4634

THE KENT MOTEL
19 Front Street South,
Queenston, ON, L0S 1L0
www.thekentmotel.com
289-296-2114

PHOTOS: SWEETWATER GROUP

CYCLING IN THE NIAGARA REGION

Ontario's Niagara region offers fabulous cycling opportunities. The South Landing Inn and The Kent Motel in Queenston, near renowned Niagara-on-the-Lake "Old Town" and the famous Niagara Falls, are two bike-friendly sister establishments located directly on the 140km Greater Niagara Circle Route.

Explore all or part of this superb recreational route which features mostly off-road, 3-metre-wide paved trails passing through urban centres, agricultural areas, and the Niagara Escarpment. This cycling adventure includes the Welland Canal Parkway Trail, Fort Erie Friendship Trail, Niagara River Recreation Trail, Waterfront Trail and Merritt Island Trail for memories of a lifetime.

The historic South Landing Inn boasts a 200-year history and won the 2023 Bicycle Friendly Business Award by Ontario By Bike. Featuring six comfortable rooms furnished tastefully with antiques and Persian carpets, your stay includes a top-tier continental breakfast prepared from fresh, local ingredients by the Inn's in-house chef. Multi-family suites are also available for larger groups.

The Kent Motel is an eclectic, modern boutique motor inn that embraces the romance of road trip adventures, including journeys on two wheels. Both families and couples will enjoy their 18 uniquely designed rooms that include beautiful antiques, vintage decor and nostalgic touches from the 1950s.

Located across the street from each other, both offer cycling packages, on-site bike rentals, bicycle amenities, repair tools, along with free secure on-site bike storage.

The region also boasts world-class wineries and excellent dining options, including craft breweries and cultural activities all at your fingertips in Niagara-on-the-Lake, often described as the prettiest town in Ontario.

IN EVERY CORNER OF THE LAURENTIANS

International four-season holiday destination

The **Laurentian region** is renowned for its landscapes, attractions and the quality and diversity of its accommodation including near 50 establishments bearing the "Welcome cyclists!" classification.

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LE P'TIT TRAIN DU NORD

Cycling holidays with baggage transportation from inn to inn for one or more days, a great adventure!

Accommodation and itinerary suggestions: 1 800 561-6673

ROAD **circuits**

6 cycling trails: discover our new **2025-2026 Official Cycling Map!**

MOUNTAIN **bike**

Push your limits and discover our mountain sceneries while practicing this adventurous sport.

AEROBIC CORRIDOR

The Aerobic Corridor offers a **58-km** circuit which runs through wild landscapes dotted with lakes and green valleys, and winds up and down the fabulous Rivière Rouge. Come and take an unusual ride down nature's highway!

IRONMAN **training circuit**

A marked trail of over **90 km** (Mont-Tremblant, La Conception, Labelle) designed for training to the Ironman standard.

Permanent, normalized signage helps to share the road in harmony.

bonjour québec

cyclelaurentians.com • 1 800 561-6673

TOURISM LAURENTIANS

REGION
ONTARIO,
CANADA

ACCOMMODATION
Many accommodation options nearby in Oro, Orillia, and Barrie

DINING
Sandwiches, wraps, salads, etc. available in the Chalet every day, hot food served by Hardwood's Trail's End Café, fully licensed

CYCLING
- 12 trails
- 40km of rolling double track trails
- 50km of single track trails
- Wednesday night race series
- Camp Hardwood
- On and off-site rentals
- Lessons
- E-bikes welcome
- Trail fees apply, best to purchase before arrival

ATTRACTIONS
- Barrie Waterfront Festival
- Scenic Caves Adventure Tours
- Longest Suspension Bridge in S. Ontario
- Barrie Jazz & Blues Festival
- Vetta Nordic Spa
- Scandinave Spa at Blue Mountain
- Wye Marsh Wildlife Centre
- Stephen Leacock Museum
- Orillia Museum of Art and History
- Quayle's Brewery
- Oro-Medonte Rail Trail

GETTING THERE
Nearest airports:
- Lake Simcoe Regional Airport (YLK) 7km away
- Pearson International Airport (YYZ) 115km away
- Billy Bishop (YTZ) 120km away

HARDWOOD SKI AND BIKE
402 Old Barrie Road West, Oro Station, Ontario, L0L 2E0

705-487-3775

hardwoodskiandbike.ca

PHOTOS: HARDWOOD SKI AND BIKE

HARDWOOD SKI AND BIKE

Just 1.5 hours north of Toronto lies legendary Hardwood Ski and Bike, a mountain biking nirvana that keeps on giving.

Featuring beautifully flowing trails, the venue offers 40km of rolling doubletrack trails and an additional 50km of singletrack trails that intertwine with the XC ski trail network, creating endless possibilities.

The popular site includes 12 amazing trails that are fully signed and integrated with Trail Forks, catering to all riders from beginner (Nice 'n' Easy), up to international level riders (Pan Am).

Home to Ontario's longest-running Wednesday Night Race series (est. 1995), there are lessons and programs for all levels of riders. In addition, Camp Hardwood, a mountain bike & outdoor adventure program, offers weekly camp sessions from July through August — ask about their new Leader in Training program.

Hardwood Ski and Bike has a full-service bike shop for all your cycling needs, including repairs, tune-ups and more. A full fleet of the newest Trek rentals and high-performance demos are always available. Plus, their retail shop is fully equipped with both riding and XC skiing gear, along with specialized accessories to cover all your year-round needs.

Fully licensed, they offer hard and soft drinks in the Chalet and on the patio. Hardwood's own Trail's End Café offers year-round fresh fare and special event catering. The smash burger and poutine is a house favourite after enjoying the trails.

The post and beam constructed Chalet, built in 2019, is available as a rental venue for weddings and special events.

Free parking is another bonus, as Hardwood Ski and Bike wants to make outdoor sports accessible to everyone. A wide variety of activities are offered so that the whole family can have an awesome day outdoors.

19843342

THE OFF-SEASON TRAILS AWAIT YOU

WHAT WILL BE YOUR ADVENTURE ?

SALOMON

SALOMON

PHOTOS COURTESY OF NELSON KOOTENAY LAKE TOURISM

NELSON KOOTENAY LAKE

ROAD TRIP BACK IN TIME & SUPERB MTB TRAILS

Touted as one of the rarest ecosystems on the planet, the Nelson-Kootenay Lake region in BC offers world-class trails for road, gravel and mountain biking. With Nelson as your base, you can enjoy the town's storybook charm and cosmopolitan sophistication.

There's so much to discover all at your fingertips including glacial-fed Kootenay Lake, the Ainsworth Hot Springs, and a multitude of fabulous two-wheeled adventures.

For road afficionados, cycling the East Shore of British Columbia's Kootenay Lake south to Wynndel is lik e taking a trip back in time before smartphones existed and when people actually talked to one another. No matter where you are along this 80-kilometre stretch of perfectly paved highway, locals will wave and say hello.

The East Shore region can be accessed via Highway 3A from Creston or the Kootenay Lake ferry — it's one of the longest free scenic ferries in the world.

The half-hour sailing trip offers stunning views of the surrounding Purcell and Selkirk mountain ranges, setting the tone for this truck-free ride. Transport trucks avoid the area, opting for Kootenay Pass rather than the ferry, which runs every 35 minutes in the summer.

Starting at the Kootenay Bay Ferry Landing, cyclists are greeted with a sporty climb before weaving through a coniferous forest to the artisanal hub of Crawford Bay. Here you'll find cozy cafés and unique studios housing pottery wheels, textile looms and paint easels. One recommended stop is the North Woven Broom Company where 6,000 corn brooms are handcrafted each year and shipped around the world.

Continuing south along the shoreline, the Gray Creek Store opened in 1913 to serve miners, prospectors and loggers, which stands as a testament to the area's rich history.

From Gray Creek, the road rolls gently along the lake for about 20 kilometres until it reaches the tiny hamlet of Boswell where it's worth checking out the Glass House, built from a half-million empty embalming fluid bottles. David Brown began construction on the building in 1952, and today the castle-like structure offers guided tours from May through October.

About 10km from Wynndel, riders wanting to celebrate their journey should stop in the community of Sirdar on Duck Lake. Visit the Wynnwood Cellars, established in 2007, the only winery in the Nelson and Kootenay Lake region.

Their tasting room is open seven days a week from 11am to 5pm for you to soak up the view. Toast the East Shore of Kootenay Lake where natural splendour, cultural richness, and smooth cycling come together to make this a must-ride while exploring southern British Columbia.

For gravel cycling adventures, it's hard to beat the 52km Slocan Valley Rail Trail along the picturesque Slocan River. Make a pit stop at Flaca's Bakery & Bistro in Slocan before your return journey. Riders with more gusto may wish to take on the 140km Southern Slocan Range Loop, a Nelson gravel biking classic.

REGION

BRITISH COLUMBIA, CANADA

ACCOMMODATION
Options for every taste and budget from historic hotels and inns to private beachfront campgrounds and resorts

DINING
Many options from Indian, Mexican, Italian, Greek, Thai, Chinese, to Japanese with more than 70 restaurants in the region including, cafés, bakeries, BC wines and craft beers.

CYCLING
- 80km East Shore from Kootenay Lake Ferry south to Wynndel
- 52km Slocan Valley Rail Trail
- 140km Southern Slocan Range Loop
- 48km Great Northern Rail Trail
- Mountain Station
- Morning Mountain Bike Park
- Svoboda Road in West Arm Provincial Park
- Crawford Bay Trails
- 20km Wagon Road Trail
- Bike Shops
- Rental options
- E-bikes welcome

ATTRACTIONS & EVENTS
- Ainsworth Hot Springs
- Pilot Bay Lighthouse
- The Glass House
- Capitol Theatre
- The Civic Theatre
- Craft Connection
- Ziplining in the Kootenays and Cave Tours

GETTING THERE
Nearest airports:
- West Kootenay Regional (YCG) 30 min away
- Kelowna Int'l (YLW) 4 hours away
- Spokane Int'l (GEG) 3 hours away

NELSON KOOTENAY LAKE TOURISM
5th Floor, 310 Ward Street, Nelson BC V1L5S4

250-352-7879

www.nelsonkootenay-lake.com

Another great gravel route that's perfect for families is The Great Northern Rail Trail which runs 48km south of Nelson to the village of Salmo. This multi-use trail, which forms a section of the Trans Canada Trail, takes you across three long wooden bridges with an option to stop at Troup Beach (Five Mile Point), a great picnic spot with shallow water.

Nelson and the surrounding communities of Kootenay L ake are a mountain biking mecca, delivering authentic Canadian singletrack experiences for riders of all stripes.

Mountain Station is a local paradise that's easily accessed from downtown, offering riders a plethora of trails ranging from beginner to double black diamond, along with awesome descents. Eli Sim is a great intermediate trail to try with roots, rocks, techy bits, smooth corners, and a few built stunts.

With countless trail options, you're sure to build a thirst for libations. Nelson Brewing Company's certified organic process is a great spot to relax and refuel at the end of your day.

Only 4km east, enjoy the multiple trails at Morning Mountain Bike Park including beginner routes like Bottoms Up, Upper Bottoms and Little Lefty, to more challenging terrain on Turnstyles, a black diamond trail, or Pulmonary, a double black diamond route. There are many intermediate options to sample as well while taking in the distant views of the Kokanee and Valhalla Mountains.

Heading west, Svoboda Road in West Arm Provincial Park offers a popular 5km doubletrack, mountain-bike-only trail with 434m of climbing. More experienced riders will find black diamond routes nearby, including Middle Earth and Long Svoboda, plus Hippie Killer for those seeking double-black-diamond smiles.

A little further west lies Balfour and the Kootenay Lake ferry where you can explore the East Shore's Crawford Bay Trails, another popular spot. Tackle a fabulous mix of trails including intermediate Height of Land, to black diamond Croisedale that features stunning views of Sphinx Mountain and Kootenay Lake.

A must-visit is Ainsworth Hot Springs, halfway between Balfour and Kalso, to enjoy the hot springs and mineral waters that have been healing visitors for hundreds of years. The resort also features a natural 150-foot horseshoe cave, accommodations, a restaurant, and the Spirit Water Spa.

Only 15 minutes north in charming Kaslo, beginners can enjoy The Wagon Road Trail, a great 20-kilometre route, while more experienced riders will relish a go at The Monster, an 11-kilometre round-trip journey filled with steep jumps and technical sections that'll remind you why you love this sport.

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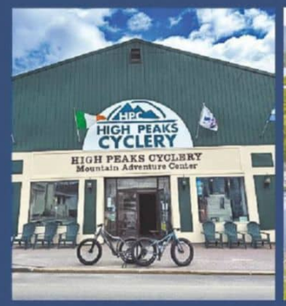

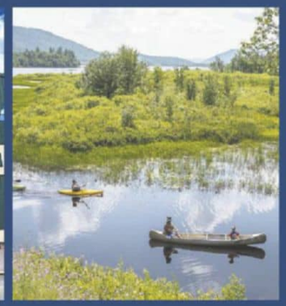

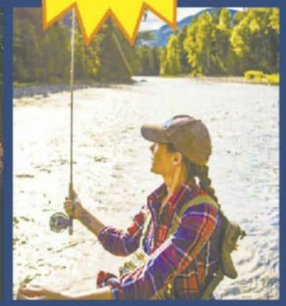

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MOUNTAIN BIKING BC/TOURISM COWICHAN

EPIC CYCLING IN THE COWICHAN VALLEY

Renowned as a world-class mountain biking destination, the Cowichan Valley is home to amazing trails and fabulous amenities, along with mild, Mediterranean-like climate, making it a haven for outdoor enthusiasts.

Featuring more than 170 trails that sprawl over 180 kilometres of terrain of varying difficulty, the region offers a mix of road, gravel, MTB and e-bike trails. The majority of these trails can be found on five different mountains: Maple Mountain, Cobble Hill, Mount Tzouhalem, Mount Prevost and Fairservice Fun — there's truly something for everyone.

Maple Mountain is a mountain biker's paradise with challenging singletrack climbs and thrilling descents that appeal to experienced riders looking for an adrenaline rush. The trails wind through lush forests and offer stunning views of the surrounding area.

The 122km multi-use Cowichan Valley Trail is a spectacular and integral part of the Trans Canada Trail route, and it's a great way to uncover the region. Perfect for road cyclists, gravel riders, bikepackers, and e-bikers, it follows an old railway line and features a gentle grade, making it accessible to cyclists of all levels. The scenic trail crosses through charming countryside and historic trestles, offering glimpses into the region's heritage.

Mt. Tzouhalem, known locally as "Mt. Zoo", is possibly the most popular in the valley, boasting a wide range of trails with signage for mountain bikers from beginners to expert riders. Here you can find classic cross-country riding, flowy downhill tracks, technical climbs, and creative wood features along with jumps and drops. The summit offers panoramic views of the Cowichan Valley and beyond.

MOUNTAIN BIKING BC/TOURISM COWICHAN

Mount Prevost (Swuq'us) has become somewhat of a legend for descending-only downhill tracks and offers double-black diamond trails. At the base of the mountain there are non-downhill trails such as Graceland, which is the most accessible intermediate trail that's less challenging, along with more advanced trails such as Adrenaline, Bubonic and Daisy, a Prevost classic.

Cowichan offers plenty of bike-friendly accommodations including the Best Western Cowichan Valley Inn in Duncan with secure bike storage and a restaurant, making it a comfortable base for exploring the area.

The Oceanfront Suites in Cowichan Bay offer secure bike lock-up and allow you to bring your bike into your suite — a great perk for riders.

MATHEW WANBON

JOHANN VINCENT

Or, immerse yourself in nature by camping at Cowichan River Provincial Park in Lake Cowichan. The campground provides a scenic and convenient camping option for cyclists travelling the Cowichan Valley Trail, part of the Trans Canada Trail route.

A perfect pit stop on the Cowichan Valley Trail is The Lakehouse at Shawnigan, or sample the Alderlea Farm & Café in Duncan to enjoy a farm-to-table dining experience with wood-fired pizzas, soups, salads and more. Refuel at the Sawmill Taphouse in Chemainus, which also serves up wood-fired pizzas and local craft beer. The popular Craig Street Brew Pub is another great spot for a post-ride snack and a refreshing pint of local beer.

Cowichan is also home to countless cycling events that take place in the spring and summer — from the Burnt Bridge Gravel Fondo and Cowichan Crusher Gravel Fondo, to the popular multi-terrain Belgian Waffle Ride, and the legendary BC Bike Race, a multi-day mountain bike stage race.

Sustainability is key, and dedicated volunteers from both the Cowichan Trails Stewardship Society (CTSS) and the Cowichan Lake Trail Blazers Society work with local landowners and communities, along with governments and other stakeholders, to ensure access to quality trails for a variety of users.

For fantastic two-wheeled adventures throughout all four seasons, it doesn't get much better than the Cowichan Valley, known as "The Warm Land" of Canada.

ROB WILSON

MOUNTAIN BIKING BC/TOURISM COWICHAN

REGION

BRITISH COLUMBIA, CANADA

ACCOMMODATION

A wide array of bike-friendly accommodations including camping at Cowichan River Provincial Park

DINING

Many fabulous restaurants and eateries including farm-to-table experiences, along with pubs, breweries and cafes

CYCLING

- 170 trails over 180 kilometres
- 5 different mountains for mountain biking: Maple Mountain, Cobble Hill, Mount Tzouhalem, Mount Prevost, and Fairservice Fun
- 122 km multi-use Cowichan Valley Trail
- Burnt Bridge Gravel Fondo
- Cowichan Valley 8 bikepacking route
- Cowichan Crusher Gravel Fondo
- Belgian Waffle Ride
- BC Bike Race
- Multiple bike shops
- Year-round mountain biking

ATTRACTIONS

- Bamberton Provincial Park
- Cowichan River Provincial Park
- Chemainus Theatre Festival
- Cowichan Bay Maritime Centre
- Cleasby Bike Park
- Kinsol Trestle
- Duncan Farmers' Market
- Wine tours
- Mediterranean-like climate

GETTING THERE

Nearest airports:

- Victoria Int'l (YYJ)
- Vancouver Int'l (YVR)
- Nanaimo (YCD)

BC Ferries:

- Horseshoe Bay-Departure Bay
- Tsawwassen-Duke Point

TOURISM COWICHAN

IG @CowichanTourism
FB @TourismCowichan

www.tourismcowichan.com

DESTINATION BC/MITCH WINTON

FERNIE, BC: A CYCLING GEM IN THE ROCKIES

Located in the heart of the Canadian Rockies, Fernie is a world-class outdoor adventure destination all year round. Known for its champagne powder as part of the Powder Highway®, Fernie is also an established cycling destination for all levels of riders, with an ever-growing trail network thanks to its passionate community.

CODY SHIMIZU

There are eight areas with literally hundreds of trails to choose from, including mountain biking, gravel cycling, downhill via lift access, bike-packing, and fat biking in winter.

For novice bikers and families, we recommend exploring the paved Fernie Valley Pathway (10.6km return). The 1.2km Cemetery Trail Loop and the 7km Easy Beaver Adaptive Trail are friendly teasers to singletrack mountain biking in Fernie.

For intermediate riders, the 7.5km Swine Flu trail offers a sustained uphill with a flowy, fast downhill. For more advanced riders, the trails on Castle Mountain such as Hyper Ventilation, Hyper Extension and Southern Comfort all offer technical uphill & downhill challenges.

Fernie Alpine Resort's lift access bike park features over 30 trails in summer from late June to early September. Build confidence on Duff Dynasty before flowing through Mr. Berms and moving on to Top Gun, famous for its low and fast jumps.

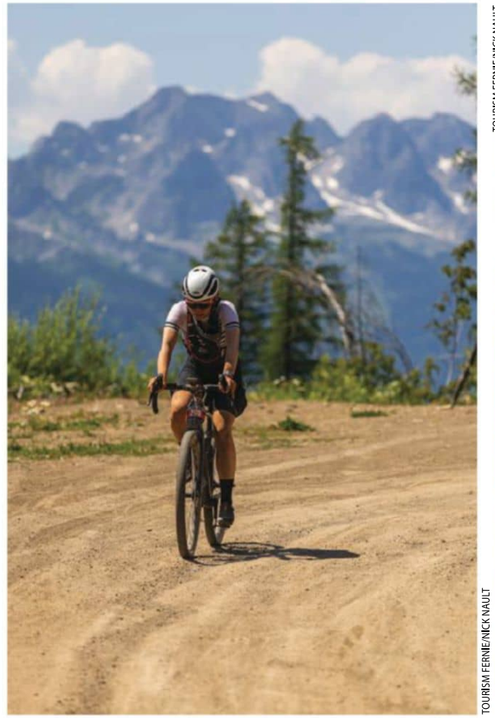
There are countless gravel routes highlighted by the Fernie Gravel Grind race in July, a weekend-long gravel cycling experience with some of the best gravel riding that Canada has to offer. The event is open to everyone and offers multiple distances, race categories and live entertainment for all ages.

If bike-packing is your game, Fernie is located at one of the stops on the Great Divide Mountain Bike Route that spans 4,418km and the TransCanada Trail with 27,000km. Local bikepacking routes include Hartley Lake for a 30km return day trip or the mammoth Summer Lake 130km return multi-day adventure.

There are plenty of other events over the summer to build a thirst for, including the Canada Cup Dunbar Summer Series, the WAM BAM Dirt Jump Jam, a brand-new Steep n' Deep race in September and more. In addition, there are weekly adult, youth and kids bike races, social rides, community races and mountain biking clinics.

Class 1 e-bikes are welcome on the trails in Fernie, making it a perfect cycling destination. Missing gear? No problem! Equipment rentals and services are available at several locations in town and on the mountain.

Fernie also offers a diverse range of accommodations to suit different budgets from hotels or luxurious condos on the mountain or in town, to chalets, tiny homes, PODs, etc. The Fernie RV Resort is open all year round, and the Mount Fernie Provincial Campground is open from June to the beginning of October. Coal Creek Campground and RV to arrive in summer 2025.



TOURISM FERNIE/NICK NAULT

TOURISM FERNIE/NICK NAULT

TOURISM FERNIE/EMILY WILLIAMS

TOURISM FERNIE/NICK NAULT

TOURISM FERNIE/BEARTOOTH MEDIA

Eclectic dining is offered in every corner of this mountain town. Fernie's passionate foodie vibe has influenced a burgeoning locally made scene and inspired a variety of international dining to suit all taste buds. Visitors can sip & savour local beverages inspired by Fernie's landscape and lifestyle, such as local craft brews, award-winning spirits and small-batch artisan coffee. Sample delicious bean-to-bar chocolate, pastries, local produce and more.

Fernie offers a variety of shopping options at independent boutique shops, spas, and wellness & sauna establishments. Also check out and download the free Iconic Fernie mobile app with themed self-guided tours. Other popular outdoor activities include low-valley and alpine hiking, dry fly-fishing, white-water rafting, SUP, kayaking and golfing.

A mere 3-hour drive southwest from Calgary or a 2-hour drive from Glacier Park International Airport (Kalispell, MT), Fernie beckons to be explored amidst a relaxed atmosphere, with locally brewed beverages to top off your adventures.

REGION
BRITISH COLUMBIA, CANADA

ACCOMMODATION
Diverse range of options to suit different budgets

DINING
Many selections from casual to fine dining

CYCLING
- Hundreds of trails in 8 areas
- Most of the trails are bikeable from town
- Mountain biking, downhill, gravel cycling, bike-packing, winter fat biking
- Lift-access bike park at Fernie Alpine Resort
- Cycling and mountain biking events and races
- See fernietrailmap.com for trails in the area

ADDITIONAL ACTIVITIES
Low-valley and alpine hiking, dry fly-fishing, white-water rafting, SUPing, kayaking, golfing

ATTRACTIONS
Historic Downtown, Fernie Aquatic Centre, Boutique and sports shops, Spa and wellness options, Local Theatre, Self-guided themed tours with the Iconic Fernie mobile app, Events,live music and entertainment

GETTING THERE
Nearest airports:
- Calgary Int'l Airport (YYC) – 3-hour drive
- Glacier Int'l Airport, Kalispell, MT (FCA) – 2-hour drive
- Canadian Rockies Int's Airport (YXC) in Cranbrook, 1.25 hr drive
- Airport shuttle & charter service available with Tunnel49

FERNIE VISITOR INFORMATION CENTRE
102 Commerce Road
Fernie, BC V0B 1M0

www.tourismfernie.com

PHOTOS COURTESY OF TOURISM VALEMOUNT

AMAZING CYCLING IN VALEMOUNT, BC

Valemount, B.C. is a hidden cycling gem nestled amidst the Rocky, Monashee, and Cariboo Mountains in the North Thompson Valley. With fabulous trails and amenities along with stunning landscapes, lush forests, and pristine rivers, the region provides endless opportunities for year-round exploration and adventures.

In fact, Valemount is home to some of the best mountain bike trails in the province and is quickly becoming the favourite destination of many riders. Their Bike Park trail system just north of town features almost 60 unique routes for novice, intermediate and advanced riders, offering a bit of something for everyone.

Novice riders can check out Inversion, a hand-made cross-country trail that may feel like a beginner downhill ride, or try Ale Trail for fast and flowy trails that let you coast down to Valemount's town center.

Intermediate riders will enjoy CBT's Munday Grind, a beautiful, machine-made 9km climbing trail with a few short and steep sections to get you grinding to the top. Tinfoil Hat is a new school downhill mountain-bike trail where all jumps are tabletops, and can be easily ridden over.

Andreas' Downhill, the trail that started everything, is an old school, hand-made, fall line based downhill trail for advanced/expert riders named after Valemount Bike Park's designer Andreas Thoni. Steep and very rooty, this trail parallels Tinfoil Hat with multiple intersections so you can play a bit of "choose your own adventure".

To the west of the Bike Park is the newly expanded area at Swift Mountain, with lots of great mountain biking options including a brand new 20km cross-country intermediate/novice loop that's sure to bring a smile.

Iconic Mount Robson is also nearby and roadies can venture out to take in spectacular views of the highest peak in the Canadian Rockies. For those with gusto and the desire to stretch their legs, Jasper is 137km to the east for more great cycling adventures.

A wide array of comfortable accommodations are at your fingertips to suit any budget from guest houses, to B&Bs, cabins and lodges including resorts and traditional hotels/motels such as the Best Western Plus Valemount Inn & Suites and the Comfort Inn Valemount. In addition, there are vacation rentals and camping opportunities as well.

Valemount also offers a fabulous range of restaurants, eateries, cafés, bistros, and bakeries including craft breweries where you can take time to relax and refuel after a day on the trails.

There are plenty of other activities to enjoy as well including hiking, whitewater rafting, salmon spawning viewing, birdwatching, fishing, paddling, golf, including winter backcountry skiing and more.

Plus there are numerous events to check out such as the Valemount Gravity Camp – Women's & Co-ed this June 7-8, along with Valemountain Days, the Chinook Sendoff, the Terry Fox Trek, Robson Valley Music Festival and many others.

Valemount's network of trails are the pride and joy of many in the community and VARDA (Valemount & Area Recreation Development Association) is a non-profit organization that manages and maintains them to promote and enhance outdoor recreation opportunities in the Valemount area.

Valemount's relaxed atmosphere and superb trails and amenities are sure to keep you coming back for more.

REGION
BRITISH COLUMBIA, CANADA

ACCOMMODATION
A wide array of comfortable options to suit any budget from guest houses, to B&Bs, cabins and lodges including resorts, traditional hotels/motels, vacation rentals and camping

DINING
A fabulous range of restaurants, eateries, cafés, bistros, and bakeries including craft breweries

CYCLING
- Bike Park trail system near town features almost 60 unique routes
- Novice riders can try Inversion and Ale Trail; intermediate riders will enjoy CBT's Munday Grind & Tinfoil Hat; Andreas' Downhill is for advanced riders
- Swift Mountain offers many mountain biking options
- New 20km cross-country intermediate/novice loop
- 137km Mount Robson to Jasper
- Rental options
- E-bikes welcome

ATTRACTIONS & EVENTS
- Valemount Gravity Camp – Women's & Co-ed
- Valemountain Days
- Chinook Sendoff
- Terry Fox Trek
- Robson Valley Music Festival
- Mount Robson Provincial Park

GETTING THERE
Nearest airports:
- Valemount (CAH4)
- Calgary Int'l (YYC) 6 hours away
- Edmonton Int'l (YEG) 5.5 hours away

VALEMOUNT VISITOR CENTER & TOURISM VALEMOUNT

Cranberry Lake Rd,
Valemount, BC, V0E 2Z0

250-566-3335

www.visitvalemount.ca/

REGION
CALIFORNIA, USA

ACCOMMODATION
Full-service hotels, cozy cabins, budget-friendly motels, and spacious vacation rentals

DINING
Grab-and-go options and "Bikes and Brews" Festival at Big Bear Mountain Resort, plus many dining opportunities in Big Bear Lake.

CYCLING
- New cross-country mountain bike events
- Family Fun Ride, 25-, 50-, 70-, or 100-mile events
- Stunning road routes
- 50-mile Dirty Bear and 25-mile Dirty Cub gravel events
- Friday Poker Ride
- Friday Night Glow Ride
- Sunday Recovery Rides
- Timed KOM/QOM with cash prizes
- E-bikes allowed in road events only
- Leading North American Gran Fondo
- Sanctioned by USA Cycling

ATTRACTIONS
- 2-day expo with "Bikes and Brews" festival
- San Bernardino National Forest
- Big Bear Mountain Resort
- Big Bear Lake
- Baldwin Lake
- Onyx Summit

GETTING THERE
Nearest airports:
- San Bernardino International Airport (SBD)
- Los Angeles International Airport (LAX)

TOUR DE BIG BEAR
PO Box 537, Big Bear City, CA, 92314

828-279-2241

www.tourdebigbear.com

PHOTOS: TOUR DE BIG BEAR

TOUR DE BIG BEAR

SAN BERNARDINO NATIONAL FOREST

Big Bear Lake is renowned as Southern California's cycling capital, and the region is home to the Tour de Big Bear, a leading North American Gran Fondo set to expand and elevate its cycling experience for 2025.

Hosted by the Big Bear Cycling Association (BBCA), Aug. 1-2, this year's event is excited to now include cross-country mountain bike events for both novice and experienced riders. Featuring stunning road routes for all skill levels, there are also Family Fun Ride, 25-, 50-, 70-, or 100-mile events, along with thrilling gravel rides such as the 50-mile Dirty Bear and 25-mile Dirty Cub.

With over 2,500 riders from 39 states and seven countries gathering for this fabulous cycling festival, the weekend is packed with engaging activities like the Friday Poker Ride, Friday Night Glow Ride, and Sunday Recovery Rides.

In addition, the Tour de Big Bear is expanding its 2-day expo to include a "Bikes and Brews" festival. Cyclists and attendees can indulge in beer tastings and enjoy live music, enhancing the festive atmosphere.

The BBCA is also committed to giving back to the community. Since its inception, the event has distributed more than $1 million to local charities and schools.

Big Bear is situated amidst the stunning San Bernardino National Forest at an altitude of 6,752 feet, providing ideal cool temperatures for summer cycling along with picturesque views of the Arctic Circle (CA 330) around Big Bear and Baldwin Lakes.

For cycling memories of a lifetime, be sure to add the Tour de Big Bear to your bucket list.

REGION
CALIFORNIA, USA

ACCOMMODATION
Various options including Creekside Lodge, Carson River Resort, Caples Lake Resort & Restaurant Desolation Hotel in Hope Valley, and camping options.

DINING
Great places to refuel including the Stonefly Wood-Fired Restaurant, the Mad Dog Cafe at Woodfords Station, the Cutthroat Tavern, on race morning stop by Up Country Café for a bagel & coffee fix, and at Sorensen's Café for your full breakfast needs.

CYCLING
- 103-mile course
- Monitor Pass
- Ebbetts Pass
- Pacific Grade
- Six (6) HC Alpine climbs
- Class 1 & 3 e-bikes allowed
- Ride is fully-supported
- 90% full road closure

ATTRACTIONS
- Festival with food, photos, expo
- Tour of the California Alps – Death Ride® finishers jersey
- Bear Valley Lodge & Resort
- Kirkwood Mountain Resort
- South Lake Tahoe
- Rent a boat/kayak at Bear Valley Adventures or Caples Lake Resort

GETTING THERE
Nearest airports:
- Reno-Tahoe Int'l Airport (RNO) 1 hour away
- Sacramento Int'l Airport (SMF) 2.5 hours away

TOUR OF THE CALIFORNIA ALPS - DEATH RIDE®
#3 Webster Street, Markleeville, California 96120, USA

(530) 694-2475

www.deathride.com
www.alpinecounty.com

CAPTIVATING SPORTS PHOTOS

TOUR OF THE CALIFORNIA ALPS – DEATH RIDE®

Alpine County in the Sierra Nevada mountains boasts some of the best riding and trails in North America in the so-called California Alps. One of the region's crown jewels is Tour of the California Alps – Death Ride® celebrating its 44th anniversary this year.

Welcoming 1,500 riders from all over the world the demanding 103-mile course sees participants tackle a massive 14,000+ feet of climbing all in one day.

With the start/finish at Turtle Rock Park in Markleeville, the route covers both sides of three mountain passes: Monitor Pass (Hwy 89), Ebbetts Pass (Hwy 4), and the Pacific Grade (Hwy 4) for a total of six (6) HC Alpine climbs. These passes are part of the rich history that led to California's statehood.

The event allows Class 1 & 3 e-bikes for riders 12 years and older, and encourages their use given the daunting course.

The ride is fully-supported and the course is on 90% closed roads with more than 250 volunteers.

Those who complete all of the climbs and return to the finish within the event time frame may purchase the sought-after Tour of the California Alps - Death Ride® Finisher's Jersey. E-bike riders are not eligible for the all-pass Finisher perks (jersey, pins, poster signing, etc.)

All athletes, their families, and spectators are welcome to the finish line festival for food, photos, camaraderie and to visit our expo booths and sponsors.

The quaint town of Markleeville offers several accommodation options including the Creekside Lodge, and Carson River Resort.

Cyclists will be riding through two national forests, Humboldt Toiyabe US Forest on the east slope and Stanislaus US Forest on the west slope. There are many Forest Service and State Park campgrounds, and private campgrounds with Desolation Resort or Carson River Resort.

After a day in the saddle the town also offers some great places to refuel including the Stonefly Wood-Fired Restaurant with outdoor seating, the Mad Dog Cafe at Woodfords Station or the Cutthroat Tavern.

TOUR OF CALIFORNIA ALPS - DEATH RIDE®

NELSON AND KOOTENAY LAKE Tourism
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From shredding world-class mountain bike trails to sipping locally brewed craft beer, the Nelson Kootenay Lake region is all about adventure, flavour and authentic mountain-town vibes.
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PHOTOS: HIGH PEAKS CYCLERY

LAKE PLACID CYCLING

High Peaks Cyclery in Lake Placid, New York has been a leader in outdoor adventures since 1983. They offer road, gravel, mountain bike and e-bike tours along with fat biking and bike-packing trips.

Explore the newly completed 25-mile section of the marvellous Adirondack Rail Trail that connects Lake Placid to Saranac Lake, and will be extended 35 miles to Tupper Lake. Featuring fabulous cycling, paddling, and hiking, there's great off-trail fly fishing along the route as well.

For a road bike challenge ride try the internationally famous 56-mile Ironman Lake Placid Loop, or head east of town if you want hills. There are great trails to the west as well and plenty of great gravel routes near Paul Smiths and more.

A local favourite is the 10-mile River Road route that features Olympic site views.

The popular Adirondack Coast Bikeways, a premier network of 14 themed loops, is part of the mammoth Lake Champlain Bikeways which boasts 1,600 miles of trails.

High Peaks Cyclery also offers training camps for all levels of riders including lessons, rentals, and shuttles. E-bike rentals have become very popular.

Their Base Camp Lodging features four lodges next to the retail store with full kitchens, laundry, BBQ, that can host up to 42 people. One lodge, the Lake House, is on Lake Placid. Guests can use the climbing gym and fitness/yoga studio, and there are many great restaurants and other amenities in town. Mirror Lake is only half a block away.

High Peaks Mountain Guides offers gear rentals, guided trips, hiking, canoeing, fishing, rock climbing, fly fishing, and winter XC-ski adventures as well. Design your own your tour and they'll help with route information.

For unique and memorable outdoor adventures this one-stop shop and destination has it all.

REGION
NEW YORK, U.S.A.

ACCOMMODATION
Base Camp lodging including groups at High Peaks Cyclery, along with many other options in Lake Placid

DINING
Many restaurants, eateries, cafes, bars, outdoor patios to choose from in Lake Placid

AMENITIES
Rental headquarters and large retail shop for bicycles, e-bikes, fat bikes, cycling accessories and clothing, repairs, tune ups, shuttles, plus full service cross-country ski shop in winter.

CYCLING
- New 10-mile section of Adirondack Rail Trail from Lake Placid to Saranac Lake, additional 25 miles coming soon
- 56-mile Ironman Lake Placid Loop
- 10-mile River Road route
- MTB trails at Craig Wood, Lussi, Wilmington, Hardy and Pisgah
- Gravel cycling at Paul Smiths and Gabriels
- Rentals
- Lessons
- Tours, groups

ATTRACTIONS
Olympic sites, Lake Placid Olympic Museum, UCI MTB World Cup (Sept. 27-29)

GETTING THERE
Nearest airport: Adirondack Regional (SLK/KSLK) is 20 minutes away.

HIGH PEAKS CYCLERY
2733 Main St,
Lake Placid, NY 12946
518-523-3764

mail@highpeakscyclery.com

www.highpeakscyclery.com

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Millet

REGION
HAVANA,
CUBA

ACCOMMODATION
Many great options on all of the tours offered by Bicycle Breeze

DINING
A wide range of amazing dining options

CYCLING
- Celia Sanchez Tribute
- Guantanamo Mango
- Fat Mary Bike Tour
- Cayo y Seis Ciudades
- Ciclo Temba
- Fully supported trips
- Bike Packing self guided tours
- Rentals including e-bikes

ATTRACTIONS
- Sierra Maestra
- Fidel Castro's birth place
- Viñales Valley UNESCO World Heritage Site
- María la Gorda
- Bellamar Caves
- Puente de Bucunay-agua
- Havana Velodromo
- La Habana Vieja
- Re-enactment of the Closing of the City
- Malecón seaside boulevard
- Sierra de los Rosario biosphere
- Cueva de los Portales (Che Guevara headquarters)
- San Diego de los Baños
- Pinar del Río
- Varadero beaches
- Xanadú Mansion

GETTING THERE
Nearest airport:
- José Martí International Airport (HAV) located 20 km (12 mi) southwest of Havana

BICYCLE BREEZE
Havana, Cuba

www.bicyclebreeze.net

PHOTOS: BICYCLE BREEZE

CYCLING CUBA

For cycling adventures of a lifetime, Cuba is a destination that's hard to beat, and Bicycle Breeze has been delivering amazing road, gravel and mountain bike adventures there for over 20 years.

Known for its great cycling culture, Cuba is simply a wonderful place to ride with natural beauty, friendly people, fabulous beaches, heritage sites and much more.

Experience one of the best single-day rides in the world on the Celia Sanchez Tribute route along the coastal road where the Sierra Maestra falls to the sea — the breathtaking vistas will stay with you forever.

The Guantanamo Mango is a 12-day cycling adventure along the coastal lowlands and scenic mountains into the backwoods of eastern Cuba where you can explore exotic roads as you discover Fidel Castro's birthplace along with a dedicated ride to Cuba's highest waterfall.

The Fat Mary Bike Tour in western Cuba is a 10-day cycling adventure that takes you from Matanzas to Havana, where you can explore the treasures of the capital city. From quiet backroads to turquoise beaches, and unique limestone formations at Viñales Valley, this amazing tour includes visits to famous caves, and ancient coffee farms.

Cayo y Seis Ciudades is another fabulous tour featuring Cuba's stunning landscapes with its many hidden gems. Explore beautiful beaches on the south and north coasts, including overnight stays in six of Cuba's most historically significant and interesting colonial cities.

Ciclo Temba is a superb and fully supported end-to-end bike ride across Cuba. Enjoy the spectacular Cuban countryside at a leisurely pace and savour the local culture from a traditional Cuban barbecue, to Santiago, its most Caribbean city, and María La Gorda, a diver's paradise.

These top-rated cycling tours are designed by the owners of Bicycle Breeze, Canadian Peter Marshall and his wife Ana, who live in Havana. They're also happy to work with folks on self-guided bike-packing tours, and offer bike rentals as well.

Bicycle Breeze works closely with a number of high school cycling teams and clubs and encourage their guests to support them with donations of used bike and bike parts.

Symposium
Québec
vélo de montagne
September 3-5, 2025
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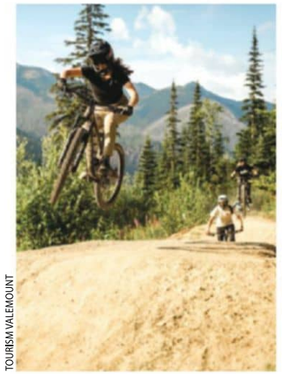
VALEMOUNT, BC



TOURISM VALEMOUNT

Valemount, B.C. is home to some of the best MTB trails and is fast becoming a favourite destination. Their Bike Park trail system just north of town features almost 60 unique routes for all skill levels. To the west of the Bike Park is the newly expanded area at Swift Mountain, with lots of great MTB options. A wide array of accommodations are at your fingertips along with a fabulous range of restaurants, eateries and cafés including a craft brewery. Plus, you can also enjoy hiking, whitewater rafting, salmon spawning viewing and more.

www.visitvalemount.ca

BLUE ROUTE, NS

BICYCLE NOVA SCOTIA

Nova Scotia's fabulous Blue Route is a 3,000km cycling network designed to connect communities throughout the province via designated cycling routes on secondary highways with paved shoulders, low-traffic volume roads, hard surfaced trails, and city streets. Over 500km of the Blue Route is currently open, 331km of which is on trails. Let the Blue Route signs guide you while you experience breathtaking views, cafés, shops, and accommodations along your ride.

www.blueroute.ca

GALENA LODGE, ID

GALENA LODGE

Historic Galena Lodge located in Ketchum, Idaho, features over 40 miles of mountain bike trails and offers a great lineup of clinics in June and July that range from "True Beginner" to "Intermediate Down Hills and Corners". They also offer private, solo or small group lessons. Book a yurt and enjoy fabulous food with plenty of indoor and outdoor seating, including Thursday BBQ's with live music. Ask about their Galena Youth Adventure Camp, and MTB rentals are also available.

www.galenalodge.com

CHEQUAMEGON MTB TRAILS, WI

@CAMBATRAILS

Located in Northwest Wisconsin, the Chequamegon Area Mountain Bike Association (CAMBA) Trails are one of the most amazing trail networks in the USA. Over 135 miles of singletrack and 200+ miles of mapped gravel routes provide trails for all abilities and desires, from flow to gnarly to wilderness to easy rolls through tall pines. The fun continues through the magical Northwoods' winters, with 70 miles of groomed trails for fat biking, thus creating a true year-round cycling paradise.

www.cambatrails.org

ORILLIA AND LAKE COUNTRY, ON

ORILLIA AND LAKE COUNTRY

Just 90 minutes north of Toronto, the Orillia and Lake Country region is one of Ontario's most picturesque areas with radiant lakes and rivers. Boasting a truly fantastic array of outdoor recreational activities, it's also home to fabulous trails for road and gravel cycling, mountain biking and much more. For memorable cycling adventures, including water sports, relaxing spas, or eco-retreats, Orillia & Lake Country is a great getaway that's ready to welcome you .

www.orillialakecountry.ca

GREAT GLEN TRAILS, NH

GREAT GLEN TRAILS

Great Glen Trails Outdoor Center offers private family-friendly bike trails at the base of Mt. Washington for all ages and abilities. Rentals are available for all sizes and include a Trail Pass and a helmet. Smooth and well-marked carriage roads let you explore the forest and take in the mountain views. Pedal on sections of single and double track through beautiful meadows, pass scenic rivers and see stunning mountain vistas as you get your heart racing. Go at your own pace and bring a picnic lunch for a stop at the river or Great Angel Cabin.

www.greatglentrails.com

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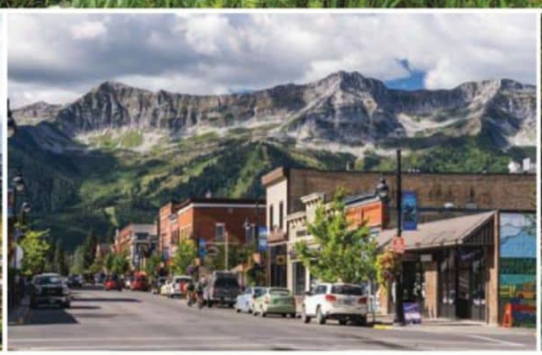

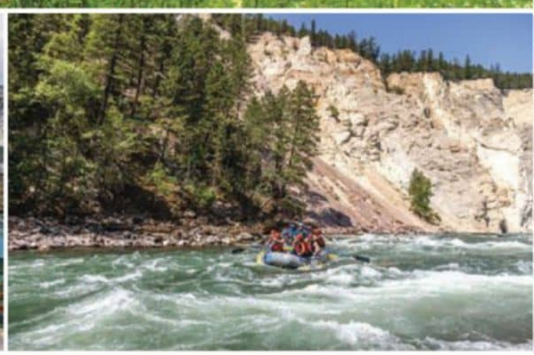

Nestled in the Rocky Mountains of southeast British Columbia, Fernie is where adventure meets a warm welcome.

Hike to breathtaking alpine views, ride epic mountain bike trails, or conquer whitewater rapids—in a place that feels like home. Uncrowded, unpretentious, and undeniably wild, Fernie invites you to explore, connect, and embrace the thrill of the outdoors.

FernieBC.com | #ferniestoke